

JULY 2015

Aging & Disability Resource Center of Marinette County



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The Aging and Disability Resource Center of Marinette County Celebrates 3rd Year Anniversary!!!

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The ADRC of Marinette County opened on June 11th of 2012, and has since provided over 11,500 interactions with the Citizens of Marinette County! The ADRC of Marinette County strives to connect you to the best, most updated information that will help you make informed decisions for yourself or your loved one!

- ADRC's are the first place to go to get accurate, unbiased information on all aspects of life related to aging or living with a disability.
- ADRC's are friendly, welcoming places where anyone...individuals, concerned families, friends or professionals working with issues related to aging or disabilities can go for information specifically tailored to their situation.
- ADRC's provide information on a broad range of programs and service and help people to understand these various long term care options.
- ADRC's also help people apply for programs and benefits.
- ADRC's serve as the access point for publicly-funded long term care programs such as Family Care and IRIS.

**We proudly serve all residents of Marinette County.
Call us today to learn more!**

ADRC's can help you find services to match your needs:

- In-home care
- Abuse, neglect and financial exploitation
- Youth Transitions
- Long Term Care Options Counseling

If you would like to be added to the ADRC mailing list please call 715-732-3850 or e-mail us at adrc@marinettecounty.com

ADRC Loan Closet—*Donations Needed*

The ADRC Loan Closet offers temporary use of donated medical equipment and is available free of charge to residents of Marinette County who are un-insured or underinsured.

Because of the success of our loan closet, we are in need of clean, gently used, durable equipment. Wheelchairs, tub transfer benches, shower benches/chairs and wheeled walkers are especially needed. Our loan closet gives our clients the tools they need to get moving again. Help us grow our equipment inventory.

If you have medical equipment that you would like to contribute, please call the ADRC at 715-732-3850 to see if we can accept it. Let us know if you are unable to bring it to us and we may be able to make arrangements for pick-up.

Staff

Pam Daye.....ADRC Supervisor

Barb Wickman.....Administrative Assistant

Anne Theuerkauf.....Information & Assistance Specialist & Youth Transition Lead Worker

Kay Piasecki.....Information & Assistance Specialist

Mary Jo Ruleau.....Disability Benefit Specialist

Carole Huebscher.....Adult Protective Services

Corleen Rhode.....Adult Protective Services

Information & Assistance Specialist

The ADRC Staff shall provide information and assistance (I&A) to Elderly, Developmentally and Physically disabled adults and adults with mental illness and/or substance use disorders and their families, caregivers, advocates who ask for assistance on their behalf. I&A can be provided in person, over the phone, via e-mail or through written correspondence.

Disability Benefit Specialist

A Disability Benefit Specialist is a person trained to provide accurate and current information on public and private benefits for disabled persons 18 to 59 years of age. Benefit areas may include: Medical Assistance, Social Security disability, insurance and Medicare.

Youth Transition Lead Worker

The Youth Transitional Worker of the ADRC will assist young adults with disabilities and their families with a seamless transition and entry into the adult long-term care system. The Youth must be at least 17 years 6 months of age or older for the ADRC to provide individualized Options Counseling. The ADRC can provide "general" information regarding Youth Transitional Services at any age just by calling the ADRC.

Long Term Care Options Counseling

The ADRC shall provide counseling about options available to meet long-term care needs and factors to consider in making long-term care decisions. Options counseling shall be provided at a time, date, and location convenient for the individual.

Adult Protective Services

Adult Protective Programs and Services include Elder Adults-at Risk (formerly Elder Abuse/Neglect), Vulnerable Adults-at-Risk, Adult Family Home Certification, SSI-E certification and Facilitation of Guardianships and Protective Placements.



Family Care, authorized by the Governor and Legislature in 1998, serves people with physical disabilities, people with intellectual/developmental disabilities and frail elders, with the specific goals of:

- Giving people better choices about where they live and what kinds of services and supports they get to meet their needs.
- Improving access to services.
- Improving quality through a focus on health and social outcomes.
- Creating a cost-effective system for the future.

Family Care has two major organizational components:

- Aging and Disability Resource Centers (ADRCs), designed to be a single entry point where older people and people with disabilities and their families can get information and advice about a wide range of resources available to them in their local communities.
- Managed Care Organizations (MCOs), who manage and deliver the new Family Care benefit, which combines funding and services from a variety of existing programs into one flexible long-term care benefit, tailored to each individual's needs, circumstances and preferences.



The IRIS Program is a Medicaid Home and Community-Based Services (HCBS) waiver for self-directed long-term supports. The program is an option for adults with long term care needs. The Wisconsin Department of Health Services, Division of Long Term Care (DLTC), Office of IRIS Management under the authorization of the Centers for Medicaid and Medicare Services (CMS) is responsible for oversight of the IRIS program. IRIS is available to Wisconsin residents determined financially eligible for Medicaid, functionally in need of nursing home or Intermediate Care Facility for Individuals with Intellectual Disabilities (ICF/IID) level of care; and living in a county where managed long-term care and IRIS are available. People who are eligible have the choice of IRIS or managed care through their local Aging and Disability Resource Center (ADRC).

Persons enrolled in IRIS manage goods and services to meet their long term care needs and use IRIS-funded, waiver eligible supports and services to remain in the community and avoid institutional care. IRIS program participants are supported in self-direction by IRIS Consultants and Fiscal Employer Agents.

Family Care and IRIS programs will replace the current Medicaid waiver services, namely the Community Options Program (COP) and Community Integration Program (CIP). These programs provide management of long term care services for adults who are physically disabled, have an intellectual/developmental disability, or are frail seniors that meet functional and asset and income criteria.

If you have questions and concerns, call the ADRC of Marinette County at 715-732-3850 or 888-442-3267.

Frequently asked questions about Family Care and IRIS

- **What is changing?**

You currently receive long-term care services and supports through county-run CIP and COP programs. Effective October 1, 2015, long-term care services in Marinette County will be available through programs called Family Care and IRIS. CIP and COP will be phased out this year and all current CIP and COP consumers will receive their long-term care services and supports through either Family Care or IRIS. You can choose which of these programs you want.

- **What do I need to do now?**

You do not need to do anything right now. The local Aging and Disability Resource Center (ADRC) will contact you to talk about the upcoming changes and to fully explain these changes.

- **Why are these programs changing?**

The Department of Health Services and counties have been working to improve Wisconsin's long-term care services. The new programs are designed to maintain or improve the quality of the services you receive and to serve more people. Family Care and IRIS are different from your current program in that they can coordinate all the services a person needs to maintain or improve their health and well-being. The "Include, Respect, I Self-Direct" (IRIS) program is designed for people who want to take full responsibility for managing their long-term care services.

- **When are these programs changing?**

Family Care and IRIS will become available in Marinette County on October 1, 2015.

- **What will happen to my current program?**

As Family Care and IRIS become available in Marinette County, the COP-W, and CIP programs will be discontinued. This is because these programs are replaced by Family Care and IRIS.

- **I understand my current long-term care program will be ending. What choices will I have about continuing to get long-term care services?**

You will have a choice whether to enroll in one of the new programs. Some of the services you get right now are only available when you enroll in one of these new programs. Services will continue to be available through your Medicaid Forward Card, if you are eligible for Medicaid.

- **Who will operate the new programs?**

The State will contract with Care Wisconsin and Lakeland Care District to provide the Family Care program in Marinette County. IRIS is managed by the State through contracted agencies referred to as the IRIS Consultant Agency (ICA) and the Fiscal Employer Agent (FEA).

- **If I enroll in one of the new programs, then how will decisions be made regarding the services I receive? Will my services change?**

You will continue to get services during the transition. If you enroll in Family Care, you will have a case manager or service and support coordinator. You will also have a nurse working with you. Both of these people will work with you as a team to determine the services you need to effectively meet your long-term care needs.

If you enroll in IRIS, you will be responsible to coordinate your home and community-based services waiver plan, which includes hiring, scheduling, and budgeting for your service providers. You will work with an IRIS Consultant Agency and Fiscal Employer Agency to meet program requirements and to assist you with these tasks.

- **Will my family or guardian still be able to help me?**

Yes, your family, guardian or others will still be able to help develop your care plan when you enroll in one of these programs.

- **Who should I call if I have questions or concerns about the upcoming changes?**

If you would like more information now, you can call ***Pam Daye at the Aging and Disability Resource Center at 715-732-3850 or Glenn Sartorelli at Marinette County Human Services at 715-732-7700***, to ask any questions or discuss any concerns you might have.

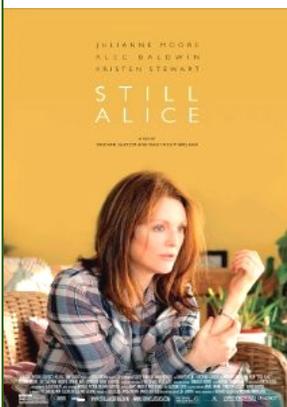
SAVE THE DATE!

WHAT — THE SHOWING OF THE MOVIE **STILL ALICE**

WHEN — OCTOBER 1, 2015

WHERE — STEPHENSON PUBLIC LIBRARY, 1700 HALL AVE., MARINETTE

TIME — 1:30 PM



MOVIE INFO

Alice Howland, happily married with three grown children is a renowned linguistics professor who starts to forget words. When she receives a diagnosis of Early-Onset Alzheimer's Disease, Alice and her family find their bonds thoroughly tested. Her struggle to stay connected to who she once was is frightening, heartbreaking, and inspiring.

Rating: PG-13

For more information call the ADRC at 715-732-3850 or 888-442-3267



Understanding Hospice Care

Hospice is an agency that provides end of life care to terminally ill persons. This care can be provided in the person's home or in another setting (e.g., nursing home, community based residential facility, etc.). Hospice care involves a team-oriented approach to expert medical care, pain management, and emotional and spiritual support tailored to the persons needs and wishes. Support is provided to the persons loved ones as well.

Some people become frightened when they hear the word hospice and believe accepting hospice care means giving up hope. Hospice services can be a tremendous source of help and comfort, and are focused on living life to its fullest.

How does hospice work?

Anyone can inquire about hospice services. Unless restricted by the insurance provider, selection of the hospice service provider is a personal choice. A referral to the hospice provider from the patient's doctor is required to begin care.

Once the referral is received, hospice staff will visit the patient to assess the overall needs and wishes, and set up an interdisciplinary care team that includes the patient and the primary caregiver. The care team works together to create a plan of care specifically to meet the needs and desires of the individual patient and the family.

The hospice team includes physicians; nurses; hospice aides; social workers; chaplains; speech, physical, and occupational therapists when needed; and trained volunteers. Among its major responsibilities, the interdisciplinary hospice team:

- Manages the persons pain and symptoms;
- Provides emotional support;
- Provides needed medications, medical supplies, and equipment to manage the life-limiting illness;
- Coaches loved ones on how to care for the person;
- Delivers special services like speech, occupational, and physical therapy when needed;
- Makes short term inpatient care available when pain or symptoms become too difficult to manage at home, or the caregiver needs respite time; and
- Provides grief support to surviving loved ones and friends.

Where are hospice services provided?

Hospice services are most often provided in the comfort of wherever the patient calls home. This can be at his own home, long term care or assisted living facility, a family member's home, hospital, or special end-of-life care facility.

How is hospice paid for?

Medicare, private health insurance, and Medicaid cover hospice care for patients who meet eligibility criteria. As with any health care program, there may be co-pays and deductibles that families pay in individual cases. While each hospice has its own policies concerning payment for care, it is tradition of hospice care to offer services based upon need, rather than ability to pay.

**For more information about hospice services call the ADRC of Marinette County at
715-732-3850 or toll free 888-442-3267.**

Source: LIFE Senior Services

alzheimer's  association®

the basics

memory loss, dementia and alzheimer's disease



an education program by the alzheimer's association

Alzheimer's disease is not a normal part of aging.

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more.

Hosted by: Marinette County ADRC

Time: 1:30 PM—3:00 PM

Date: Tuesday, July 14th, 2015

Location: 2500 Hall Avenue, Marinette (use ADRC entrance)

RSVP: 715-732-3850 or 888-442-3267

ADDITIONAL DATES AND TOPICS:

September 8, 2015—Effective Communication Strategies

October 20, 2015—Understanding and Responding to Difficult Behaviors

ELDER ABUSE AWARENESS



June 15th was Elder Abuse Awareness day. The ADRC hosted an Open House, staff wore purple and Elder Abuse Awareness bracelets were handed out. A banner was displayed on the HHS lawn surrounded by pinwheels. Each pinwheel represented the number of EAN (Elder Abuse Neglect) referrals last year in Marinette County (45!).

Marinette County would like to encourage everyone to take some time to connect with a senior, whether it be an elderly neighbor, a senior church member currently in the hospital, an elderly family member living in an adult family home, assisted living facility or nursing home. Any effort on your part can make a powerful impact on the lives of elders.

Elder abuse is estimated to affect 5 million older citizens in the United States, including victims of abuse, neglect and exploitation. Experts believe that for every reported case of elder abuse or neglect, as many as 3.5 cases go unreported.

Marinette County is the designated agency for reporting Elder and Adult at Risk Abuse, neglect or self neglect. Adult Protective Services (APS) can be reached through the ADRC by calling 715-732-3850.

What can you expect when you call the ADRC?

- The ADRC receptionist will answer your call.
- Tell the receptionist you are calling to report Abuse.
- You will be transferred to an APS worker or an ADRC Specialist.
- You will be asked to identify the victim's name, address and phone number. Please include their date of birth or estimate their age and report your concerns.
- As the caller, your identity is protected by Marinette County's confidentiality policy. You can report anonymously, however we encourage you to give us your name and phone number in case we need to call you back.
- Also, after you report, we cannot release any information we collect about the victim unless we have their permission, since Marinette County is bound by the same confidentiality policy that protects your identity and the information that you give us.

Just a reminder: A victim may accept or decline services. Our Elder and Adult at Risk Programs are provided on a voluntary basis.

Office for the Blind and Visually Impaired

The State of Wisconsin, Office for the Blind and Visually Impaired (OBVI), provides rehabilitation services to people who are blind or visually impaired. The goals of the Office are to enable people with visual impairment to live safely and independently. OBVI staff meets with individuals in their homes and/or conducts group trainings in community settings. OBVI staff teaches new ways of doing everyday tasks and introduces equipment that might help people be more independent.

Areas that may be discussed include:

- Home Management
- Personal Care
- Orientation and Mobility
- Transportation
- Communications
- Resource Information



The onset of vision loss changes an individual's life dramatically. Some of the changes are emotional, as the person faces the vision loss and all its implications for his or her identity, relationships, and functioning. By learning new ways to do tasks and by using new kinds of equipment, many people who are visually impaired are able to maintain healthy and satisfying lives. Learning to do these tasks in new ways also helps people cope with the emotional effects of their vision loss. OBVI's goal is to assist people to be independent.

If you or someone you know has a visual impairment and could benefit from the services of the Office for the Blind and Visually Impaired, then call toll free 1-888-879-0017 for more information, or visit the OBVI website www.dhs.wi.gov/blind.

Natural Ways to Protect Your Vision

1. **Go for a Daily Walk**—Regular physical activity helps you stave off cardiovascular disease and type 2 diabetes—two risk factors for chronic eye disease.
2. **Keep Your Weight in a Healthy Zone**— Being overweight or obese increases inflammation and elevates the risk of high blood pressure, arterial disease, and diabetes—all enemies of the eye.
3. **Wear Sunglasses**— Ultraviolet light damages the eyes. The reflective power of snow, sand and water magnifies the effects. And yes, UV penetrates clouds. Sunglasses should block 99 to 100 percent of UVA and UVS (two bands of ultraviolet light). A hat helps, too.
4. **Manage Your Blood Glucose**—High blood sugar contributes to cataracts and damages small arteries, including the delicate blood vessels in the retina, leading to diabetic retinopathy.
5. **Avoid Tobacco Smoke**—Smoking generates free radicals (chemicals that react with membranes and genetic material to destroy cells and tissues), damages the eyes, and escalates the risk of arterial disease.
6. **Drink a Glass or Two of Green Tea Every Day**— Extracts in green tea protect against diabetes and heart disease and defend against damage to the retina and lens (where cataracts form).
7. **Try an Eye-Protective Diet**—A varied, colorful, plant-based diet keeps eyes healthy. Plants provide fiber that slows absorption of cholesterol and sugar. And they're rich in antioxidant and anti-inflammatory chemicals. Many blue-, purple-, and ruby-colored berries (blackberries, blueberries, cherries and more) are potent antioxidants and blood-vessel strengtheners.

Source: www.everydayhealth.com



Light Activity Can Boost Seniors' Health



Why is physical activity such a big deal? Regular exercise and physical activity are important to the physical and mental health of almost everyone, including older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age. Regular physical activity over long periods of time can produce long-term health benefits. That's why health experts say that older adults should be active every day to maintain their health.

In addition, regular exercise and physical activity can reduce the risk of developing some diseases and disabilities that develop as people grow older. In some cases, exercise is an effective treatment for many chronic conditions. For example, studies show that people with arthritis, heart disease, or diabetes benefit from regular exercise. Exercise also helps people with high blood pressure, balance problems, or difficulty walking.

One of the great things about physical activity is that there are so many ways to be active. For example, you can be active in short spurts throughout the day, or you can set aside specific times of the day on specific days of the week to exercise. Many physical activities—such as brisk walking, raking leaves, or taking the stairs whenever you can—are free or low cost and do not require special equipment. You can also check out an exercise video from the library or use the fitness center at a local senior center.

For many people, “real life” things like illness, traveling, or an unexpected event can get in the way of being active. Getting older can mean more time for trips to see children and grandchildren or vacations away from home. People retire and move to new houses or even new parts of the country. Sometimes the unexpected happens—family illness, caregiving responsibilities, or the death of a loved one. All of these events can interrupt your physical activity routines.

These breaks can make it hard or even impossible at times to stick with your regular activities. But you can start again. Here are a few ideas to help you to stay active or start again if you've had to stop:

Don't be too hard on yourself. Recognize that there will be times when you won't want to exercise, or it feels too hard. Try to get back to your activities as soon as possible. The sooner you resume some sort of activity, the better you'll feel, and the easier it will be to get back into your routine.

Talk with your doctor about when you can resume your regular routine if you stopped exercising because of an illness or new symptoms.

Think about the reasons you started exercising and the goals you set for yourself. Remembering your motivations and how much you're already accomplished may help recharge your batteries and get you started again.

Ask family and friends to help you get back on track. Sometimes, you may want an exercise buddy. At other times, all you may need is a word of support.

Talk with your doctor or trainer. You may get the boost you need to move past the hurdle.

Start again at a comfortable level if you haven't exercised for several weeks. Then gradually build back up. With a little time, you'll be back on track.

Source: Adapted from Go4Life Exercise & Physical Activity Book

Call the ADRC at 715-732-3850 to find local fitness resource options to meet your needs.

Reap the Nutritional Benefits of Berries

Delicious, beautiful, sweet, and simple—berries are as healthful as they are diverse. As a snack, in a fruit salad, or for dessert, simply pick, wash, and eat them to reap the nutritional benefits they have to offer. Recent research has focused on how and why berries are such a super food.

Cherries

Cherries have a short season, but are a great choice dried. They are rich in fiber, vitamin C, and anthocyanidins, and are associated with promoting heart health and reducing cancer risk.

Strawberries

Strawberries are rich in folate, which is one of several B vitamins found in food. Folate is responsible for making healthy new cells and preventing anemia and neural tube defects in developing fetuses.

Blueberries

Blueberries neutralize free-radical damage to the collagen matrix of cells and tissues, which can lead to cataracts, glaucoma, varicose veins, hemorrhoids, peptic ulcers, heart disease, and cancer. The properties that help them do this are phytonutrients, called anthocyanidins.

Cranberries

Cranberries are best known for their ability to prevent bacteria from adhering to bladder cells. Recent studies suggest that they also may promote gastrointestinal and oral health; prevent the formation of kidney stones; lower low-density lipoprotein (LDL); raise high-density lipoprotein (HDL), the good cholesterol; aid in recovery from stroke; and even help prevent cancer.

Red raspberries

Raspberries are best known for their role in neutralizing free radicals and for their antioxidant benefits. They are also high in manganese, vitamin C, riboflavin, folate, and niacin. In addition, raspberries are a good source of dietary fiber.

Blackberries

Marionberries, boysenberries, loganberries, and other blackberries are high in gallic acid, rutin, and ellagic acid. They also are a known chemopreventative, with antiviral and antibacterial properties. With their dark-blue color, blackberries have one of the highest antioxidant levels of fruits regularly tested. Blackberries are also rich in vitamin C and fiber, which is shown to help reduce the risks of certain cancers.

Acai and pomegranate juices

Recently people are recognizing juices of acai and pomegranate (not a berry, but with berrylike properties) as super foods, because of their high-vitamin concentrations and antioxidant properties. Acai is a very delicate berry and is only available in the United States in a juice form. In general, juices are less nutritious than whole berries, so use them in moderation.

Some berry tips

These tips may help when shopping for berries:

- Try to consume berries when they are at their peak, remembering that berry seasons are short
- Look for farmers' markets that sell berries picked that morning, because berries begin to lose their nutrition as soon as they are picked
- Purchase berry containers that contain brightly colored, plump, and unbroken fruit
- Avoid buying berry containers that hold broken, stained, leaky, or moldy berries
- Choose frozen berries if fresh berries are not available—frozen berries tend to lose water and are best used in smoothies and berry sauces, or for cooking or baking

Source: www.nutrition411.com

JUST FOR FUN



Laughter
is the
BEST
medicine.

Three old ladies were discussing the trials and tribulations of getting older. One said, "Sometimes I catch myself with a jar of mayonnaise in my hand while standing in front of the refrigerator, and I can't remember whether I need to put it away or start making a sandwich." The second lady chimed in with, "Yes, sometimes I find myself on the landing of the stairs and can't remember whether I was on my way up or on my way down." The third one responded, "Well, ladies, I'm glad I don't have that problem, knock on wood," as she rapped her knuckles on the table and then said, "That must be the door, I'll get it!"

Wisconsin Counties Word Search

W H R A G R A N T J S A L I V
L A W O A L A O M E I R O N N
S O S C O S R A C F D O O W P
I A I H H D N Q W F H A B W E
L N U L I I E T T E N I R A M
E A A K T N O P C R J B E L N
E N N O E N G N N S U M G W W
D B W G A T E T O O N U A O O
U O D W L R T N O N E L T R R
C O A F O A O E L N A O R T B
D H K L O G D L U O U C O H P
S L F N W R R E Y Q C J P Z E
K E W A U N E E U A R N Q S P
O L A F F U B S E I T A I V I
W A U P A C A S T N G S M L N

ASHLAND	LINCOLN
BROWN	MANITOWOC
BUFFALO	MARINETTE
COLUMBIA	MARQUETTE
DODGE	PEPIN
DOOR	PORTAGE
FLORENCE	RACINE
FOREST	SAUK
GRANT	SHAWANO
GREEN	TAYLOR
IOWA	VILAS
IRON	WALWORTH
JEFFERSON	WASHINTON
JUNEAU	WAUPACA
KEWAUNEE	WOOD
LANGLADE	



One kind
word can
change
someones
entire day



Lemonade Pudding Fruit Salad Recipe

Ingredients

- 1 medium honeydew, peeled, seeded and cubed
- 1 medium cantaloupe, peeled, seeded and cubed
- 2 cups cubed seedless watermelon
- 2 medium peaches, sliced
- 2 medium nectarines, sliced
- 1 cup seedless red grapes
- 1 cup halved fresh strawberries
- 1 can (11 ounces) mandarin oranges, drained
- 2 medium kiwifruit, peeled, halved and sliced
- 2 medium firm bananas, sliced
- 1 large Granny Smith apple, cubed
- 1 can (12 ounces) frozen lemonade concentrate, thawed
- 1 package (3.4 ounces) instant vanilla pudding mix

Directions

1. In a large bowl, combine the first nine ingredients. Cover and refrigerate for at least 1 hour.
2. Just before serving, stir in bananas and apple. Combine lemonade concentrate and dry pudding mix; pour over fruit and toss to coat. Yield: 20 servings (3/4 cup each).

Another Successful Foot Care Clinic at the ADRC!

A huge THANK YOU to the nurses of ResCare and all who attended the ADRC Foot Care Clinic in May. Watch future ADRC newsletters for upcoming clinics and events.



OFFICE HOURS

Monday thru Friday

8:30 AM—4:30 PM

Or by appointment, if necessary

Visit our Website at:
www.marinettecounty.com/adrc

E-mail:
adrc@marinettecounty.com



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Our Mission:

*“Dedicated in meeting the needs of aging people and people with disabilities,
helping them live with dignity and security by connecting them with people
and resources of our county”*

